

# OKYEAME

November 16, 2006

American Embassy,  
Accra

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## CLO Office Hours



Mon-Thurs  
8am-4pm

Fri  
8:00 am-  
12:00pm

***If you have news, classified, suggestions, letters, restaurant reviews etc. for the Okyeame, please write to the Editor, Mikelle Antoine at:***

***accraokyeame@yahoo.com  
Deadline Monday 5pm***

***Please let us know what you would like to see in the Okyeame. Your suggestions, criticism and story ideas are most welcome!***

## Let us take advantage of policies to reduce poverty - Owusu Ankomah

Sekondi, Nov.14, GNA - Papa Owusu Ankomah, Minister of Education, Science and Sports has called on individuals, institutions and groups to take advantage of Government policies and programmes to create wealth and generate employment to reduce poverty.

He said some of the policies and programmes were support to promote private participation in the economy and credit facilities to expand medium and small scale enterprises to address unemployment one of the teething problems facing Government.

Papa Owusu Ankomah who is also Member of Parliament for Sekondi made the call when addressing an extraordinary meeting of New Patriotic Party (NPP) Polling Station Executives in Sekondi Constituency at Sekondi.

He advised beneficiaries of loans to repay them promptly to enable others benefit.

Papa Owusu Ankomah announced that Government was sourcing funds to undertake some development projects to improve sanitation and beautification in Sekondi.

He said these included dredging of Esee lagoon at Sekondi estimated at about one million Euros and the supply of 25 outboard motors to some fishermen to promote fishing industry in the area.

Papa Owusu Ankomah announced that he had personally donated 50 sets of street bulbs to improve street lighting system in Sekondi. He pointed out that Polling Station Executives were highly regarded in the Party's structures and urged them to continue the good works they had been doing to protect the image and invincibility of the party in Sekondi.

Nana Owusu Ankomah, Western Regional Chairman of NPP asked members to remain loyal and not allow the scheduled National Congress in December divide their ranks.

Source: GNA

The *Okyeame* is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. *Okyeame* is a Twi word meaning linguist, or chief's spokesperson.



## The Akuapem

Woodcarving includes stools, which are recognized as "seats" of power, and wooden dolls (akua ba) that are associated with fertility. There are also extensive traditions of pottery and weaving throughout Akan territory. Kente cloth, woven on behalf of royalty, has come to symbolize African power throughout the world.

Akuapem are one group of several Akan peoples living in southern Ghana and southeastern Côte d'Ivoire. Akan is a generic term which refers to a large number of linguistically related peoples. The largest and best known ethnic groups include Asante and Fante peoples, who live in southern Ghana, and Baule and Anyi peoples in southeastern Côte d'Ivoire. The rise of the early Akan centralized states can be traced to the 13th century and is related to the opening of trade routes established to move gold throughout the region. It was not until the end of the 17th century, however, that the grand Asante Kingdom emerged in the central forest region of Ghana, when several small states united under the Chief of Kumasi in a move to achieve political freedom from the Denkyira. The Asante confederacy was dissolved by the British in 1900 and colonized in 1901. Although there is no longer a centralized Akan confederacy, Akan peoples maintain a powerful political and economic presence.

Early Akan economics revolved primarily around the trade of gold and enslaved peoples to Mande and Hausa traders within Africa and later to Europeans along the coast. This trade was dominated by the Asante who received firearms in return for their role as middlemen in the slave trade. These were used to increase their already dominant power. Various luxury goods were also received and incorporated into Asante symbols of status and political office. Local agriculture includes cocoa cultivation for export, while yams and taro serve as the main staples. Among the Fante who live along the coast, fishing is very important. The depleted forests provide little opportunity for hunting. Extensive markets are run primarily by women who maintain considerable economic power, while men engage in fishing, hunting, and clearing land. Both sexes participate in agricultural endeavors.

Royal membership among Akan is determined through connection to the land. Anyone who traces descendency from a founding member of a village or town may be considered royal. Each family is responsible for maintaining political and social order within its confines. In the past, there was a hierarchy of leadership that extended beyond the family, first to the village headman, then to a territorial chief, then to the paramount chief of each division within the Asante confederacy. The highest level of power is reserved for the Asanthene, who inherited his position along matrilineal lines. The Asantahene still plays an important role in Ghana today, symbolically linking the past with current Ghanaian politics.

Akan believe in a supreme god who takes on various names depending upon the particular region of worship. Akan mythology claims that at one time the god freely interacted with man, but that after being continually struck by the pestle of an old woman pounding fufu, he moved far up into the sky. There are no priests that serve him directly, and people believe that they may make direct contact with him. There are also numerous gods (abosom), who receive their power from the supreme god and are most often connected to the natural world. These include ocean and riverine spirits and various local deities. Priests serve individual spirits and act as mediaries between the gods and mankind. Nearly everyone participates in daily prayer, which includes the pouring of libations as an offering to both the ancestors who are buried in the land and to the spirits who are everywhere. The earth is seen as a female deity and is directly connected to fertility and fecundity.

Source: Art & Life in Africa online



By Peg Clement



## Dislocation, Dislocation, Dislocation

One day you're sipping a warm frothy mocha cappuccino with your best girlfriend in a Starbucks on a cozy Saturday morning; your hands wrap around the warm mug and you huddle together. The next day you're gulping down a tepid instant Nescafé (the grains don't even melt) alone, in a dank kitchenette 3,000 miles from home, watching army ants march across your countertop. Nothing is right with the world. I know whereof I speak. Although this is my sixth move to Africa as a development worker (and third as a single parent), it hasn't gotten any easier.

### 2nd Day

My life is intolerable. A frickin' nightmare. In total disarray. I'm starting this journal instead of throwing myself in front of a train. I don't even know if Zimbabwe has trains.

### 2nd Night

I burned out my trusty dual-voltage clock radio just now by forgetting to flip that tiny switch on the underside to 220 volts. It didn't sizzle or phhhht; it just doesn't work now. This despite my best efforts to bring every kind of plug I ever owned - fat prongs, skinny prongs, three prongs, two prongs, bulky British things. Plus, what's with carpenters in developing countries? They install only one darn outlet plug in each room. Where on earth to find an extension cord or one of those multiplug doo-dads now? I haven't ventured out to any stores yet. Genny suddenly has welts on her face - mosquito bites? Heat stroke? Where's a doctor? I couldn't call one if I knew; there's no phone in this apartment. No dressers in the two bedrooms. Our clothes and her toys are lined up on the floor against the walls. If I didn't have this maddening cat with us, we could have stayed in a hotel. Neighbors are looking in the windows. Tonight we had cold potatoes with congealed oleo on top. The landlord, a cordon bleu chef with a walleye, says he'll bring us food till we get on our feet. But he's brought rum raisin ice cream and this mashed potato thing he calls cottage pie. My 8-year-old is not amused. The Mobil map of Harare has started falling apart already - all 35 pages of it. Poor binder's glue.

### 3rd Day

I didn't fall asleep despite half-rations of a sleeping pill. I brought only nine of them; must use sparingly. I can't find a file folder, a rubber band, a band-aid, sometimes even a pen. All I have is a cat and a daughter - no home, no car, no schedule, no workout, no e-mail, no friends, no housekeeper, no identity even. Who cares? I fill in forms every day. Applications, registrations. And stop dead at the "address" part. Do I put this flat? My rented home I just abandoned in New York? My work back home? Does anyone else in the world have no address like me? All is lost. A crummy decision to come here. Back in the States, everything was cool, I was on automatic pilot, everything was in place, in order, efficient. Now I'm reduced to a babbling idiot with no life. Genny got up in the middle of the night before her first day of school today. She put on her carefully laid-out new clothes and came into my bedroom to say she was ready for school. At 1:20 a.m. One eye puffed with welts still. What IS that? No more toilet paper. Each roll had about 10 squares on it, for crying out loud. I really need to find a store now; these little Kleenex packs from home won't last. Third day and still no head-on collision. Thank the lord for small miracles. I bark over my shoulder at Gen not to talk while I'm concentrating on the right-hand-side driving. She gets real quiet. Speaking of cars, there are no effing seatbelts in this rental contraption! In fact, we're actually living sort of dangerously all around. No car papers in the glove box. If Gen winds up with a fever, I have no idea where to find a doctor or hospital. Is there a 9-1-1 service? Is it safe to drink this unhomogenized milk? And these bars and gates on the apartment - I'm keeping out whom precisely?

### 4th Day

Cell phone education time. What is the "hash" key on this new Nokia they sold me today? What does "M.E.S." mean in the house "adverts" in the paper? Is a traffic light really a "robot?" I'm hearing "cozzie" and "designation," "filter," "give that a skip," "backies," "glam," and above all, SHAME. Everyone says SHAME to me, about the jet lag, the rain, ripping my skirt on the car's fender. My back is going out. I have to ease into the car to go look at potential houses ramrod stiff, it hurts so much. Tossing in bed at 4:00 a.m., stark awake with jet lag, I have to roll over all in one piece. My cosmetic kit has only five more Motrin, seven more sleeping pills. I have eight more Kellogg's Miniwheat cereals from home, 10 more sandwich baggies for Genny's lunches (no school cafeteria here), three-fourths of a jar of peanut butter (Skippy!), a pound of kitty litter left, and one bar of my favorite Dove soap. Neighbors still walk by and look into my curtainless windows. A guard with a billy stick does, too. This evening: steady drip, drip just outside the eaves onto something metal - Chinese water torture - clank clank. Yippee: another noise to listen to, as I lie awake at night tonight. My briefcase is serving as my office, desk, and file cabinet all at once. I do work leaning inside the trunk ("boot") of the car. Office Auto. Skitters threw up from, I guess, the change in food - Whiskers, at some rip-off price. She threw up right onto Genny's clothes on the floor of her wardrobe. At least I made my first foray into a grocery store today. Talk about depressing. Yogurt comes in only plain and banana and strawberry. I don't recognize any brands of milk or cereal or pasta. vSemanus Terribulus. Black Thursday today, cold cereal for supper, spent an hour in gridlock downtown in this rattletrap of a crap piece of rented metal junk. I am floundering, reeling, flat out since last Thanksgiving even, the move, the flights, thousands of arrangements. Spinning my wheels. Can barely get the morning's clothes together. Straight from the suitcase, my office skirt and blouse are rumpled. Iron? Hah! The darkest hour is just before dawn.

### 5th Day (CONTINUED ON PAGE 4)

I didn't even know you had to turn ON the cell phone, and leave it on. It's my first cell phone ever! I thought it would kick on automatically with an incoming call. I've probably missed 10 calls for great houses for rent, for an office rental, from Genny's new teacher offering soothing honeyed words of comfort. This shower can't even keep its own temperature. I'm getting alternately scalded and frozen as it switches back and forth. Gen can't seem to get the hang of the "telephone" hose that turns my tub into a shower. I "shower" on my knees kneeling in the tub. What's this country's aversion to shower stalls, anyway? Oh yeah, overseas life as an expatriate is really, really exotic, you folks back home. These young guys selling worms at the side of the roads - are they really LSD drug fronts? Really? And get this: You can shove 200 V appliances with European plugs into the wall here, but only if you dismantle a local plug, remove the ground pin, and insert it manually into the wall's third socket hole! The guy who mows the landlord's back lawn showed me how. The lawnmowers here are electric. This is a trip. I'm not getting the school lunches together well. In fact, I'm not getting three squares together at all. On this two-plate burner, a toaster, and one pan. White bread, cold French fries brought in by Le Chef, mealy apples I bought at the roadside, and now only 5 Mini-Wheats left. The main problem is: I get no reprieve from the pressures of the move - a meeting on Day 1, school for Gen on Day 3, the conference involving that gruff Minister of Health and our Ambassador, and everyone here is sleeping at night. Not enough light in our "flatlet." Maybe I have Seasonal Affective Disorder. That too. I can hardly read my book, certainly can't see well enough to pluck my eyebrows. I badly need a surge protector for the laptop, I think; there are lightning storms out there. And this country has the highest rate of folks killed by lightning hits in the world! Great.

#### 6th Day

Gen was left unclaimed at school today. A mother's greatest embarrassment. They called my cell, which I had had to switch off in a meeting at the Ministry, then someone handed me a message. I cannot work like this till I make some arrangements for her in the afternoons. School lets out at 2:00 for cripes sake! No after-school care programs here, no sirreeeee. Our one source of evening "entertainment" is gone. The satellite dish inexplicably went out tonight - fuzz, snow. But a neighbor came over, so maybe there's hope for a social life after all. She's Italian. Her husband works on a rig in Angola. Her son Francisco is 10; her driver can take Gen to school sometimes, she said. This no-phone thing is bad. This is a bad, bad thing. The mobile phone is still a mystery. And usually runs out of charge. Myriad decisions. Thirty competing priorities. No PBS. No beloved NPR, no whole wheat bread, no fat-free dressings, no 24-hour stores, no recycling, no School's Out, no 800 numbers, no garbage disposal, no celery, no notice boards with apartments for rent, those little tear-off tabs with phone numbers you can collect, go home, and start calling. No Borders, no library, no drive-up window at the bank. No garage sales or PTAs. Can't find a public photocopier. I carry around wads of cash, forget to lock the car against carjackers, can find no place to jog yet, and the worst of it is: I still have no address for the forms. They wouldn't take my credit card today for the office supplies because someone defrauded them out of \$1,000 last week. Weird. Each time I want to e-mail, it involves a half-hour drive downtown to the Sheraton, parking, maybe the business center is open, maybe not, maybe the computers are up and running, maybe not. They charge by the minute; screen changes take 45 seconds EACH. Today I saw my e-mail inbox: 75 messages. That would take 3 hours just to read, let alone respond to. There's mud everywhere. Red mud. Gen tracks it home from school into this flat. Maybe I can ask my Italian neighbor if I can borrow her maid for a half day. Still living out of the two suitcases on the floor. My shipment - now that's a laugh. I'll see it maybe next summer. Language, customs, climate, roads, driving, shopping, new work, BAM.

#### 7th Day

A modicum of normalcy - I went swimming, someone invited me to a nice welcome dinner (had to bring Gen and stuff her into their TV room), I may have found a babysitter for next week, the cell phone answering machine works now. Like a settling newborn, I am finally sleeping through the night. Cockroaches in the kitchen this evening.

#### 9th Day

Skitters disappeared yesterday. This \$400 cat who survived 36 hours in a portable kennel aboard KLM and Kenya Airways. Then she chose 4:00 a.m. to meow me awake at my bedroom window. Just when I'd been getting my body trained to sleep in Africa, seven time zones away from home. What's a "current" account at the bank? What's "forex?" All these stolid humorless beefy ex-Rhodesian locals tell me they'll gladly move out of their houses and let me rent them, charging me in US dollars. I feel like a cash cow of foreign currency. Oh, so that's forex. OK. Three more baggies. We played our 50th game of Mancala tonight. Still no office, no house, no regular e-mail, and Gen now wants to sleep in my bed at night. She's so quick to burst into tears these days.

#### One Month Later

On Wednesday we move into our new home with the Main-En-Suite (Zimfrench for a bathroom off the parents' bedroom, I now know). There's no phone there either. But I love the monkey nut trees, the pecan trees in the back yard, and the rooms are flooded with sunlight. I found this jigsaw puzzle for sale at Bon Marché (more Zimfrench) - a simple kitty portrait on a pink background thing. We did it in the darkened living room this evening. Only 100 pieces; so much for that. The city's 34 gas stations are shuttered; the country has run out of gas. My bike came in my air shipment; but someone stole the derailleur.

#### Friday @ New House

All in all, a normal day. I'm rounding the corner.

A loud tinkbell bird tinks me awake mornings; our housekeeper Margaret is going to make meatloaf tonight. I'm doing my sit-ups again, someone at USAID sold me four sacks of river sand to use as cat litter. Francisco came over as Gen's first playmate here. This weekend: an outing to see hanging rocks, a picnic with Sandy from school. I am breathing. Shipment scheduled for March 10; I can live with that. Starbucks it ain't, but today I found some coffee arabica, so I can ditch the tin of Nescafé.

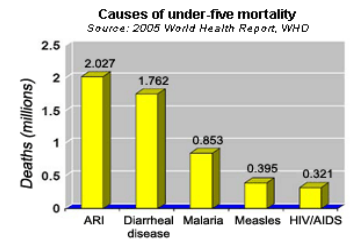


A lot has happened over the last year in the development of vaccines. This is the second in a series of Okeyame articles about newly developed vaccines. Rotavirus is discussed in today's issue. In the previous issues Tdap was discussed. HPV and shingles vaccinations will be discussed in future issues. This article was chosen because of its readability and global context. For more information and articles more relevant to American Populations go to <http://www.rotavirusvaccine.org/> or <http://www.cdc.gov/nip/publications/VIS/vis-rotavirus.pdf>



## ROTAVIRUS VACCINE PROGRAM

A PATH AFFILIATE



### Rotavirus Vaccine

Of the nearly 11 million deaths that occur annually among children under five years of age, diarrheal disease is the second leading cause. The most common cause of severe gastroenteritis worldwide, rotavirus accounts for 29 to 45 percent of nearly 2 million deaths attributed to diarrheal disease.<sup>1,2</sup> An estimated 600,000 children die from rotavirus each year, and more than 2 million are hospitalized due to the severe dehydration caused by rotavirus infection.<sup>2,3</sup>

The disease burden of rotavirus falls starkly and disproportionately on children in developing countries, where adequate and timely medical care is often out of reach: more than 80 percent of rotavirus deaths occur in south Asia and sub-Saharan Africa.<sup>2</sup>

## The Promise of a Vaccine

The world health community believes that vaccines offer the best hope for protection against rotavirus. Why?

- Naturally acquired rotavirus infections provide protection against disease; a vaccine could also stimulate immunity.<sup>4</sup>
- Rotavirus transmission rates seem unaffected by improvements in sanitation and hygiene, one of the principal public health approaches to controlling other types of diarrheal disease.
- Life-saving intravenous treatment to rehydrate children with severe rotavirus diarrhea is unavailable to many children in the developing world.

**For many countries of both the developed and developing world, a vaccine will be the most cost-effective way to stop rotavirus.**

### New Rotavirus Vaccines

Two live, oral, attenuated vaccines against rotavirus infection (Rotarix®, manufactured by GlaxoSmithKline; and RotaTeq®, manufactured by Merck & Co., Inc.) were licensed by the European Medicines Agency and the US Food and Drug Administration, respectively, in 2006. Clinical trials in Europe, Latin America, and the US have demonstrated that these vaccines are safe and highly efficacious at preventing rotavirus-associated severe gastroenteritis. A number of countries, including some developing countries, have licensed these vaccines, and they are beginning to be introduced in routine immunization programs in some settings.

To date, both vaccines have been primarily studied in middle- and high-income countries. But historically, oral vaccines have been shown to perform differently in different regions of the world. The global health community recognizes the need to carry out additional studies of the safety and efficacy of these vaccines in developing countries of Africa and Asia, where the burden of disease is very high.<sup>5</sup> PATH is designing and conducting such clinical trials in collaboration with the vaccine manufacturers.

## Challenges for Vaccine Introduction

Experience shows that, even once a vaccine is available, years may pass before the people who need it most receive it. For instance, 15 to 18 years elapsed between the introduction of vaccines for hepatitis B and influenza in wealthy nations and their widespread use in the developing world. Uncertain demand, insufficient supply, and high prices formed a vicious cycle that limited vaccine availability.<sup>6</sup> In some countries, these problems resulted from a lack of information on the burden and extent of disease. Without such knowledge, health officials underestimated the vaccines' potential value.

The Rotavirus Vaccine Program is working with all possible partners to avoid a similar situation and to dramatically reduce the lag time between vaccine development and availability in developing countries.



# AROUND TOWN

**North American Women's Association (NAWA)** promotes friendship among North American women, and between North American & Ghanaian women. NAWA fundraises for charitable organizations that support women and children in Ghana. Meetings are held on the **second Thursday of each month**, between September and May. Join us at **6:45pm** at the **Coconut Regency Hotel**. Look forward to meeting new friends, supporting worthy causes in Ghana and participating in cultural and social activities. The NAWA published book, *No More Worries*, can be found in stores throughout Ghana. Check the [www.noworriesghana.com](http://www.noworriesghana.com) website or go to [www.nawaghana.com](http://www.nawaghana.com). Call secretary Carol Pietryk at 0242 108273 (email: [icpietryk@yahoo.ca](mailto:icpietryk@yahoo.ca)) or president Monica Carr at 0243 680799 for further information. "You are welcome."

**Ghana International Women's Club** Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

**Ghana Bead Society** Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: [trish\\_graham@hotmail.com](mailto:trish_graham@hotmail.com).

**Alliance Française** Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

**American Chamber of Commerce** promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: [amchamgh@ghana.com](mailto:amchamgh@ghana.com); Website: [www.amcham\\_africa.org](http://www.amcham_africa.org). Located at Hse #C609/3 5th Crescent St, Asylum Down.

**Scottish Country Dancing The Caledonian Society of Ghana:** Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail [caledonianghana@yahoo.co.uk](mailto:caledonianghana@yahoo.co.uk)  
**Accragio**, a singing group open to expatriates and Ghanaians, is preparing its fall program and welcoming new singers. For more information, call Nate at 774-558. Rehearsals take

place every Tuesday night at 7:30 p.m. in Labone.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm - 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

**The International Players** The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: [trish\\_graham@hotmail.com](mailto:trish_graham@hotmail.com).

**Bunko** is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at [edhrcir@hotmail.com](mailto:edhrcir@hotmail.com).

**Theater Mirrors.** A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

**Ghana National Theatre** Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

**Friends of Bill W.** Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

**Happy Hour** Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

**Hash House Harriers (Accra)** The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm **sharp** departure. Location varies. Contact [ac\\_crahhh@yahoo.com](mailto:ac_crahhh@yahoo.com) for details.

**Hash House Harriers (Tema)** is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at [frank.davis@valcotema.com](mailto:frank.davis@valcotema.com) or call 020-201-1525 for information on directions to starting point.

**Duplicate Bridge** group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)  
**Pick-up Basketball** Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For

additional information, please contact Ted Lawrence ([tlawrence@usaid.gov](mailto:tlawrence@usaid.gov)) or Rob Clausen ([rclausen@usaid.gov](mailto:rclausen@usaid.gov)). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

**Mom/Dad & Tots** (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

**Taekwondo** at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

**Frisky's International Film Buff Club** views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

**Free Meditation** each Wed at 6-7pm. Free pranic healing Wed. 10am-6pm. At the GMCKS Pranic Healing Center, 1<sup>st</sup> floor, Pyramid House, Ring Road central (Next to Alitalia). Website: [www.pranichealing.org](http://www.pranichealing.org) Phone: 0275089645 Mythili Raja Mohen

**International Spouses Association of Ghana (ISAG)** Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email [isag@ighmail.com](mailto:isag@ighmail.com)

**The Accra Tema Yacht Club (ATYC)** is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact [dmcallag@gmail.com](mailto:dmcallag@gmail.com) -or- [Duncan.macnicol@asc-gh.com](mailto:Duncan.macnicol@asc-gh.com)

**African American Association of Ghana (AAAG).** General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or [sankofaaaag@yahoo.com](mailto:sankofaaaag@yahoo.com)

**Fit & Fun Gymnastics Club** for children from 2 years and teenagers. Learn the basics of movement improve flexibility, balance and body awareness. Gymnastics helps them learn self discipline, patience and have more self confidence. Call 024 3515889 for info.

# Community News and Events

## The Ghana Caribbean Association

will be having a number of events to commemorate Caribbean Week in Ghana from November 20 - 26, 2006. The Symposium will be held at The DuBois Centre on November 21, 2006, from 10:00am to 2:00pm. Lunch will be served at 12:00 noon. Call Maisie at 0244 699268

**Leaving?** Can't take that wonderful dog with you but you want it to go to a good home? I am looking for one nice adult dog whose bark is worse than its bite. One who is good with children but fiercely protective of it's environment. Prefer Alsatian but would consider other breeds as well. Please contact Laurie 0277-549905

## ARE YOU A QUILTER?

Create a memory of Ghana using my adinkra symbol applique patterns to make a quilt, a wallhanging, or pillows. For pictures and price list:

email [Widdison@hotmail.com](mailto:Widdison@hotmail.com),  
Subject line: adinkra design patterns.

**The West Africa Consultants' Network** is a group of professional consultants who have formed a network to efficiently share our expertise with potential contractors. If you are a qualified consultant or interested contractor, please contact [westafricaconsultants@gmail.com](mailto:westafricaconsultants@gmail.com)



Come enjoy an American Thanksgiving **feast with turkey and the trimmings!**

**When:** Thursday, Nov. 23<sup>rd</sup> at 6:00 pm

**Where:** The Baptist Guest House, #34 Tito Ave.

**Who:** The American Community and friends (sponsored by the North American Women's Association)

**What:** a potluck style dinner. Bring your table service and your favorite Thanksgiving side dish/salad and dessert for 10.

**Why:** To count our blessings and celebrate with friends.

(A charge of 30,000 cedis per adult and 10,000 cedis per child will be collected at the gate to cover turkey costs, etc. We ask you to also bring along art supplies to be donated to the Autism Awareness Care and Training Centre for their art therapy classes.)

**You are also invited to a Thanksgiving Praise Service on November 23<sup>rd</sup>, Thanksgiving morning, from 9:30-10:30AM at Asbury Dunwell Chapel (on Liberia Road, near the British Council). Hope to see you!**



## Happy Thanksgiving



# CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com). Send your classifieds to [accraokyeame@yahoo.com](mailto:accraokyeame@yahoo.com).

## SEEKING EMPLOYMENT

Looking for a very experienced cook/housekeeper that can make a variety of western and African meals, appetizers, and desserts, know how to serve at dinner parties, and light housekeeping. contact Monique at 0244311944 (1)

French-speaking woman seeking domestic employment. Excellent references. Contact Assiba Ida Aglamey at (020) 739-6382. (3)

Annick Yessoufou is looking for work as a **domestic** or administrative assistant. She is bilingual (English/French) and worked for USAID and the African Development Bank. Prefers to live-in. She can be reached at 0285-047-247 or [amyessoufou@hotmail.com](mailto:amyessoufou@hotmail.com). (3)

Sally is a bright, energetic young woman looking for work as a nanny. Best suited for toddlers to school-aged children. A pleasure to have in my home and was eager to learn. Contact directly at 0243 861492 or Leanne 0244 325982 (2)

**Experienced Housekeeper Available**—Michael has 4 ½ years experience working as a housekeeper / gardener for U.S. Embassy families and 12 years experience as a gardener for expats prior to housekeeping. He is extremely reliable, hardworking and an excellent housekeeper. Please call Michael direct 0243122763. (3)

**Need a Turkey** or several for Thanksgiving? For Sale: Imported turkeys raised locally. Great quality--sold live or dressed. Location near US Embassy Annex. Contact Eddie-0244-053305 (1)

**Pippa's Gym Membership Available!** Price VERY NEGOTIABLE!! One year membership purchased in Sept., 2006 for \$550. Please contact Anne 0244310572 (1)

## Lincoln Community School, Accra

is currently seeking applications for the following positions:

### Full-Time AV Technician

An AV Technician role will be providing technical support to our educational program through the maintenance, set-up and operation of audio-visual equipment in the school. This person will primarily serve teachers in the classroom, fine arts teachers in performances, and administrators requiring AV support. The hours of work will be flexible, to accommodate afternoon and evening rehearsals. When not engaged in the maintenance or operation of AV equipment, the AV technician will be expected to perform other maintenance tasks for the Technology Department.

### Short-Term Project Development Consultant

#### Scope of Work

The Consultant shall review all existing documentation related to facility development in our strategic and financial plans, to collate them into a comprehensive yet concise report. The report will serve to explain to stakeholders our current campus plans, and provide guidance in the next steps of preparing a **Master Plan**. Interested, qualified candidates should send resume, contact information for references, current letters of reference and copies of relevant certification to:

Sante Andah

Human Resources Coordinator,

Lincoln Community School,

P. O. Box 194,

Accra.

Tel: +233-21-774018

Fax: +233-21-78095

E-mail: [Santeandah@lincoln.edu.gh](mailto:Santeandah@lincoln.edu.gh)



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MISCELLAENOUS	VEHICLES FOR SALE	WANTED: SAFE & RELIABLE
<p><b>Moving Sale:</b> Because of future departure will organise a sale this every Friday from 8-10 am for 8 weeks. Household, furniture, books, HI FI, auto and jewellery. Email <a href="mailto:transnet@hikyaku.com">transnet@hikyaku.com</a> or call Ce-cile 0242 266 713 (2)</p>	<p><b>Land Rover Discovery Series II 4x4</b> In good condition, service history available from Mechanical Lloyd. Model: TD (Turbo-Diesel) 5 Model Year: 2001 Guards on front and rear lights Front Grill guard Extra Set - Alloy rims (4) Land Rover Fridge Transmission: Manual 5 speed gear-box. 5-seater, 5-door, Epsom Green US\$ 25,000.00 ono Contact: Mr Adekoye Ademola 233 24 286 8156 Fax: +233 21 512 981 (1)</p>	<p><b>LARGE SUV/4X4</b> (ideally) TOYOTA LANDCRUISER: Looking large Toyota family SUV: low mileage, excellent operating condition, full service history, and reasonably priced. Duty not paid is fine. If you are selling or know someone trustworthy who is selling a Toyota Landcruiser, PLEASE call/text: 0246 603016 (1)</p>
<p><b>Wanted:</b> Your used LSAT prep books of recent vintage. I can buy or borrow. Email <a href="mailto:tnbabbel@yahoo.com">tnbabbel@yahoo.com</a> or call 024-210-8043 (2)</p>	<p><b>Kia Sephia 1993.</b> Available in December. Duty paid. \$2700.- or best offer Interested persons please call or Jennifer: 021-22812 or jenny-mo_77@yahoo.com (1)</p>	<p><b>2003 Nissan Murano SE.</b> Just imported from the U.S; never driven in Ghana. Superb condi. 35,000 miles. All Wheel Drive; 3.5 ltr. 6 disk changer and cassette; moonroof; ABS. \$25,000 or best offer. Duty not paid. Call 0244-313-523 or e-mail <a href="mailto:jbsandefur@yahoo.com">jbsandefur@yahoo.com</a>. (2)</p>
<p><b>Wanted: Bicycle</b> for around Accra. Must be large enough for adult male: 26" or 700c with an 18-19" frame. Shocks optional, decent mechanical parts preferred. Please contact Rodger : 0246649487. (1)</p>	<p><b>1996 Daewoo Nexia</b> car. Automatic, driver airbag, power steering, electric windows. Reliable, durable and good run a round car. No Duty \$4500 OBO. Please call 020 813-962/0246</p>	<p><b>1998 Honda Civic</b> 4 door sedan, 61700 miles, manual transmission. Excellent condition. Duty not paid. Private Party Blue Book value \$6760, best offer. Call Diane at 0243122763. (2)</p>
<p><b>FREE KITTENS</b> are available to a good home: 3 cute kittens about three months old. Call 0246354174 or 021-228125 Or email jennymo_77@yahoo.com (1)</p>	<p><b>Driver/Gardner</b> - Eben has served as a driver and gardener for American families for the past 3 years. He is a very safe and cautious driver and is highly Knowledgeable about the Accra area. Eben also irons, and does a perfect job. Please call Shawn 0244-846-486.</p>	<p><b>Chery QQ 0.8 Model,</b> Lemon Green Colour, Radio/Cassette; layer. Power steering, power brakes, central door locking system. Only 1,000km. Available January 2007. Contact Rosaline on 0244284805, email: GhanaSRDC@yahoo.com (1)</p>
<p><b>"PADDY" PEDIGREE SHIH TZU DOG 6 YEARS OLD, VERY AFFECTIONATE NEEDS REALLY GOOD HOME OWNER RETURNING TO UK WHERE STRICT QUARANTINE LAWS APPLY IF INTERESTED, PLEASE CONTACT Carole: 0244287119 (3)</b></p>	<p><b>Famous Quotes:</b> A cracked bell can never sound well. Ghanaian</p>	<p><b>2004 Nissan X-Trail.</b> Imported new from Japan in 2005. Fully loaded: Auto transmission; 4 wd; A/C; leather; pwr seats, windows; keyless entry; 6 disk cd changer and cassette. Still under warranty. All service performed at Nissan Auto Parts. Only 19,000 km. Duty not paid. \$23,000 or best offer. Call 0244-313-523 or e-mail <a href="mailto:jbsandefur@yahoo.com">jbsandefur@yahoo.com</a>. (2)</p>